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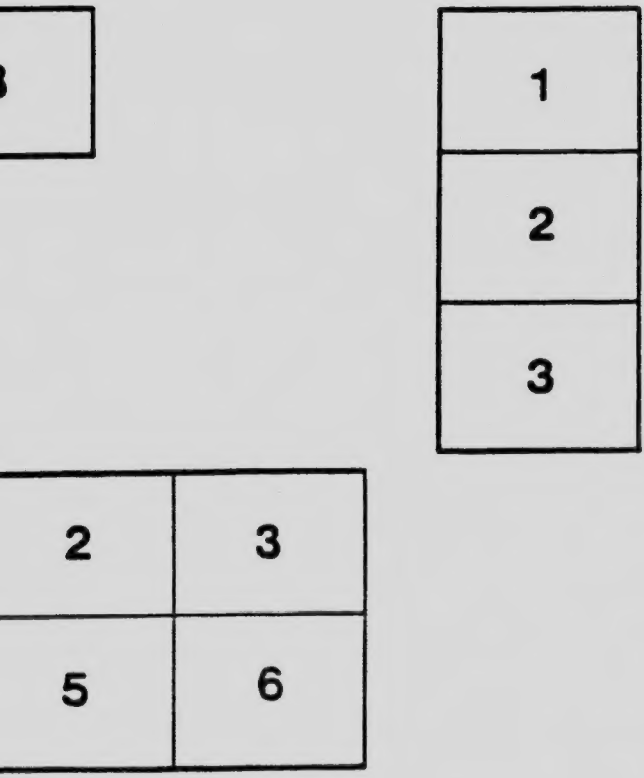

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VICTORIA, B. C.
1911-1912

236274

The Victoria Young Men's Christian Association was organized in 1884.

Previous to the occupation of the present building, which is the first home owned by the Association, the work was carried on in rented quarters.

The corner stone of the new building was laid August 16th, 1910, and the building dedicated September 26th, 1911.

The Victoria Young Men's Christian Association offers two large opportunities to the men of the City:

1. It offers men an opportunity to be friendly and helpful to other men.

2. It is a place where men may improve their opportunities for self-betterment, by taking advantage of the diversified privileges offered.

Any man of good moral character over 18 years of age, may become a member of the Association, without regard to religious belief. Membership in any Church is not required.

Application forms may be obtained at the business office. These filled out and presented with the required fee, entitles the applicant to immediate use of the privileges of the building in the class for which his ticket is issued.

MAIN LOBBY

MEMBERSHIP

Full Membership

This entitles the holder to the use of the gymnasium with its modern equipment; baths and swimming pool; dormitories; reading room; bible study groups; social gatherings; practical talks; outings; games; admission to educational classes on payment of class fees.

Cost: $12.00 the first year, and $10.00 each year thereafter if renewed within 30 days.

Terms of membership are cash. In special cases $4.00 may be paid with application and the balance in two equal monthly payments.

Regular Membership

This entitles the holder to all the privileges of Full Membership, excepting gymnasium, baths, swimming pool and dormitories.

Cost: $7.00 the first year, and $6.00 a year thereafter if renewed within 30 days.

Terms of membership are cash. In special cases $4.00 may be paid with application and the balance in one month.

Lockers, towels, gymnasium suits, educational class fees are extra and cash.

Business Men's Membership

This entitles the holder to the use of the business men's club room, equipped with private shower baths, and fitted with full size lockers, in addition to the privileges of **full membership.** Holders of these tickets will not be charged extra for towels or lockers.

Cost: $25.00 a year. Terms of membership are cash.

Transfer of Membership

Tickets from the Victoria Association will usually entitle the holder to similar privileges in other North American Associations.

DORMITORIES

In addition to the many usual privileges, the Association has 82 rooms to rent to its members. Rooming in the dormitory is one of the most attractive features of the building. The building is centrally located, and thus time and money are saved in going and coming from work. Then too, the building provides an excellent opportunity for forming congenial friendships.

The rooms are of different sizes and vary in price. They are all well furnished with mission furniture, lighted by electricity, and heated by steam. Shower baths are found on each floor. There is a system of electric call bells connecting every room with the general office. In addition to this, there is a city telephone on every dormitory floor in the building for the free use of the members occupying rooms. Men occupying these rooms must be **Full Members** of the Association.

Rooms vary in price from $8.00 to $16.00 per month. In case two men wish to occupy one room the cost is $4.00 per month more than the price for one man in the room.

EDUCATIONAL

The Educational Classes are conducted by the Young Men's Christian Association for the purpose of providing educational opportunities for young men who work in the day time and who wish to do better work and prepare themselves for advancement.

A detailed announcement of the classes to be conducted in the new building will be issued later. Classes in the following subjects are planned:

Commercial Arithmetic.
Bookkeeping and Accountancy.
Mechanical Drafting.
Penmanship and Business Correspondence.
Spelling. Business and Commercial Law.
First Aid to the Injured.

Other subjects will be taught as the demand for them becomes apparent.

RELIGIOUS WORK

The Association is fundamentally a religious organization, and behind all its activities is the religious motive. It is more than a club. It is an organization of men banded together not only for the privileges to be obtained, but for the purpose of service to others. There are two outstanding features of the religious work: Religious meetings for men, and Bible Study. Every Sunday afternoon there will be a meeting for men in the Assembly Hall of the building. The meeting is the centre of an attractive Sunday afternoon programme as follows:

4.00 to 4.15—Song Service.
4.15 to 5.15—Men's Meeting.
5.15 to 5.45—General Bible Study.
5.15 to 5.45—Gymnasium Men's Bible Study Club.
6.00 to 6.45—Friendship Supper.
9.00 to 9.45—Social Sing in the Lobby.

The Speakers at the Men's Meetings will be announced later.

Several other Bible Groups are being organized and will be announced. The Friendship Supper is a pleasant gathering for young men who are strangers in the city and is a splendid place to get acquainted. It is designed to promote acquaintance and good-fellowship. A small charge is made for the supper.

STAR COURSE

During the season of 1911-1912, arrangements have been made for a series of five entertainments.

L. W. Ford, Cartoonist -	November 1st
Midland Concert Company -	December 7th
The Royal Male Quartette - -	April 8th
Dr. George P. Bible -	(Date announced later)
Fred. Emerson Brooks	(Date announced later)

Course tickets for the five entertainments are $2.00; single admission 50c.

BOYS' LOBBY

BOYS' DEPARTMENT

In this department the Association recognizes one of its greatest opportunities. The Victoria Association has made ample provision for the realization of them. The department is on the ground floor with a special entrance. Here will be found the games that boys like, such as checkers, carroms, etc. Boys' magazines and the best of other literature will be continually on file. The religious work is to be one of such vital interest and fellowship that the boys will enter it with the same zeal as other things. It is planned to have bible classes, bible lectures and class suppers, where the boys gather for tea and then spend half an hour of interesting study.

The Gymnasium is always a centre of attraction. Here, under the leadership of a qualified physical director, the boys are given exercises planned to develop the body. These will be followed by interesting games such as indoor base ball, basket ball, etc.

The gymnasium periods will be very attractive. Following the gymnasium class will be a shower bath and then a swim in the big pool. Every boy who is a member is to be taught to swim.

The schedule of classes gives every boy three periods in the gymnasium each week as follows:

Junior Boys

Monday, Wednesday and Friday - -	3.30 to 4.30

Senior Boys

Tuesday and Thursday - - - -	3.30 to 4.30
Saturday - - - - - - - -	10.00 to 11.00

Intermediates

Monday, Thursday and Saturday - -	7.30 to 8.30

Boys' Membership

The members of the Department are divided into two groups:

Junior, comprising boys 12 to 14 years of age.
Intermediate " " 15 to 18 " " "

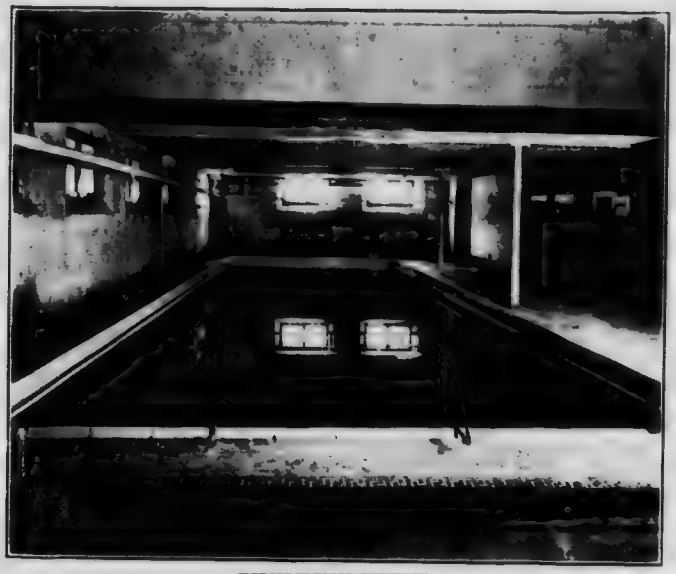
Junior Membership costs $5.00 a year.
Intermediate Membership costs $7.00 a year.

The fees have been graded in accordance with the privileges and include social and game rooms, gymnasium and swimming pool at specified hours.

BOYS' CAMP

During each summer a camp is conducted for the members of the Boys' Department.

Tramps to points of interest near the City are arranged during the year.



SWIMMING POOL

PHYSICAL DEPARTMENT

Committee: C. A. Fields, Chairman
Dr. H. J. Wasson.
A. S. Huxtable.
T. W. Webster.

The most natural thing for a young man full of activity is to seek some physical expression of this activity, especially those who are prevented from participating in muscular exercises. The young man who is held to his desk in the office all day, or he who is forced to bend over the work bench, or in other numerous ways is held from using the physical powers which are given him, chafes for active life. The Association recognizes this need of the young men and through its Physical Department provides a wholesome, and at the same time a sufficient outlet for this energy.

GYMNASIUM

The aim of the Physical Department may be summed up as follows :

Clean sport and all round manhood.
Increased muscular efficiency.
A healthy mind in a healthy body.

Equipment

With the splendid gymnasium 50 x 80 feet, equipped with the latest and best apparatus, including a running track banked and padded 26 laps to the mile; parallel bars ; German horses ; buck ; flying and travelling rings ; horizontal bars ; stall bars; chest weight machines ; jumping standards ; with a plunge bath 20 x 60 feet of white tile, equipped with spring board and diving stand ; with the nine nickled shower baths and steam bath, what more does a man need to give him all the physical pleasure and benefit that he needs. In addition to this, there are locker rooms for business men, for young men and for the boys, each separate and distinct. The lockers are steel construction throughout and perfectly sanitary. Separate rooms will be used for boxing, wrestling and fencing.

Gymnasium Costumes

Uniform costumes will be on sale at the Office at cost. The uniform will be insisted upon in all gymnasium classes.

Activities

Practically every line of sport may be indulged in in the Association. Gymnasium classes for all types of men, from a boy of 12 up to the man of 65 or 70, are held two or three times each week. In addition to these—basket ball, handball, volley ball, indoor base ball, indoor athletics, boxing, fencing, wrestling, swimming, water-polo, may all be participated in. While in season the following outdoor sports will probably be organized:—Track and field athletics, acquatics, harriers, base ball, lacrosse, soccer, rugby, etc. Among those interested in these sports, clubs will be organized to promote interest and efficiency.

Physical Examinations

One of the most valuable contributions which the Association makes to the young man joining, is the free physical and medical examination which he gets. This examination is made by prominent physicians in the city and by the physical director, and enables the latter to advise with him as to where he may improve his condition, as well as being a precautionary measure against over-exercise.

Lecture Courses

During the year courses in First Aid to the Injured, Life Saving, Massage, the Theory of Athletics and Games will be given, and in addition to these, other lectures and classes will be held to discuss important phases of physical training.

Gymnasium Men's Bible Study Club

Will meet each Sunday afternoon at 5.15, led by the Physical Director. This Club will discuss subjects of personal interest to each man.

The Swimming Club

The Swimming Club is already in active operation and meets twice a week in the tank for an hour's practice of polo, diving and swimming.

OFFICERS: President, W. Long.
Vice-President, T. W. Webster.
Secretary-Treasurer, C. E. Hooper,

GYMNASIUM SCHEDULE

(SUBJECT TO CHANGE)

	Mon.	Tues.	Wed.	Thur.	Friday	Sat'day
Junior Boys..	3.30 to 4.30	.....	3.30 to 4.30	.....	3.30 to 4.30	.....
Senior Boys..	.....	3.30 to 4.30	.....	3.30 to 4.30	.....	10.00 to 11.00
Intermediates	7.30 to 8.30	.....	.....	7.30 to 8.30	.....	7.30 to 8.30
Business Men	.....	4.30 to 5.30	.....	.....	4.30 to 5.30	.....
Young Men..	.....	8.00 to 9.00	.....	.....	8.00 to 9.00	
Leaders Corps	8.30 to 9.30	.....	.....	.....	.....	.....
Floor Free... not games (when not used otherwise) and	.....	9.00 to 9.30	.....	8.30 to 9.00	.....	8.30 to 9.30
Basket Ball..	.....	.....	8 00 to 9.30	9.00 to 9.30	9.00 to 9.30	.....
Games..... Volley Ball Indoor Base Ball Tennis, Etc.	.....	.....	7.00 to 8.00	.....	.....	.....
Swimming Club..... (Exclusive use of pool.)	.....	.....	7.45 to 8.30	.....	.....	7.45 to 8.30
Examinations	.....	7.00 to 7.45	.....	8.45 to 9.45	.....	.....
Boxing						
Fencing						
Wrestling						
To be announced						

236274

REMEMBER THESE DATES

Oct.	2—7.	Physical Examinations.
"	9-10.	Regular gymnasium classes commence.
"	20.	Squad apparatus exams.—Seniors.
"	21.	" " " —Senior Boys.
"	23.	" " " —Juniors "
"	23.	Canadian Swimming Championships. Half mile, senior. 100 yards, ladies.
"	26.	Squad apparatus exams.—Intermediates.
Nov.	12-17.	Health and Sex Lectures. DR. LYMAN B. SPERRY.
1912.		
Jan.	1.	New Years Day Exhibition.
Feb.	3.	Junior Indoor Test.
"	8.	Intermediate Indoor Test.
"	9.	Senior Indoor Test.
Mar.	21.	Indoor Athletic Contest.
Apr.	17.	Physical Department Dinner.